

The Machine That Revolutionized The Fitness Industry!

This is the machine that started the stairclimbing fitness revolution back in the mid-80's – an exercise product so wonderfully effective, it gives you a superior cardiovascular workout and tones and conditions the major muscle groups in your lower body with far less impact than conventional aerobic exercise machines.

Until the StairMaster® 4000 PT® exercise system came along, duplicating this type of exercise was difficult – if not impossible – without exposing your body to significant trauma. With the original stairclimber, StairMaster created the first machine to replicate the metabolic demands of climbing actual stairs. Soon, health club patrons of all ages began using the StairMaster 4000 PT as an extremely safe alternative to the high-impact loads of climbing stadium steps or running.

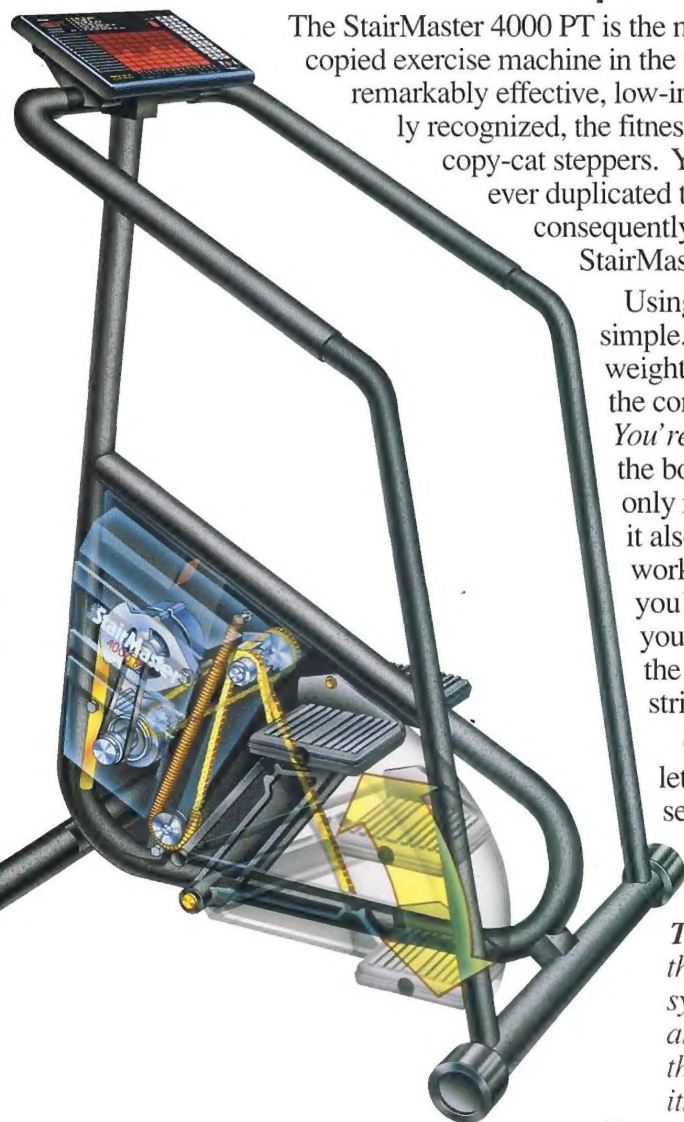
An exercise experience like no other...

The StairMaster 4000 PT is the most used, most enjoyed, and most copied exercise machine in the world. As the health benefits of this remarkably effective, low-impact way to exercise became widely recognized, the fitness industry became flooded with copy-cat steppers. Yet even today, no other machine has ever duplicated the patented pedal geometry, and consequently the unique “feel,” of the StairMaster 4000 PT.

Using the StairMaster 4000 PT is very simple. Stand on the pedals, input your weight and choose an exercise program on the computer console, then begin stepping. *You're lowered, rather than dropped,* to the bottom portion of your step, which not only reduces the impact of the exercise, it also provides a rhythmic feel to your workout. After taking a few dozen steps, you'll begin to find your rhythm...and you'll be pleasantly surprised to find that the machine matches your rhythm, stride for stride.

Choose a self-paced program, which lets you set the speed, or one of the seven preprogrammed exercise options that challenge and motivate you throughout your workout.

The Original Stairclimber – the StairMaster® 4000 PT® exercise system is #1 in health clubs worldwide and feels smoother, more rhythmic than any other stairclimber, thanks to its patented pedal geometry!



When you find your rhythm, you will experience what StairMaster exercisers call the “sweet spot.” The “sweet spot” encourages you to maintain your stepping pace without taking short, choppy steps. You’re stepping smoothly, aware that you’re working out, but thanks to the even distribution of involvement of your large lower body muscles, you don’t feel like you’re working as hard as you actually are!

Results like you've never imagined...

It’s low-impact, rhythmic and comfortable, but serious exercise that produces great results. Results you’ll feel right from your first workout. Your legs will feel stronger. Your gait will be more athletic: smooth, sure, rhythmic. All this from a machine that’s so comfortable you’ll actually look forward to using it. And you’ll continue to use it because you’ll see the results week after week.

The results: firmer buttocks, toned legs, greater energy, etc., are so dramatic, you’ll look forward to looking in the mirror!



The action of climbing stairs has long been recognized by professional trainers for increasing athletes’ aerobic capacity and lower body muscle endurance. The StairMaster 4000 PT takes the stairclimbing action and makes it safer and more accessible. You choose from a wide range of exercise options, with intensity levels from 26 to 138 steps a minute! The precisely controlled stepping rate lets you find an exercise within your own comfort zone.

The perfect aerobic workout for all ages and fitness levels.

Low impact levels, biomechanically safe pedal movement, an incredibly wide range of exercise options, and precise user control throughout the workout make the StairMaster 4000 PT ideal for everyone from the world-class athlete to the less active user and the elderly. In fact, the less active and older populations have shown dramatic improvement in their ability to perform daily activities, as well as an improved overall functional ability. It’s no wonder that it is currently being used by over 1,700 medical and rehabilitation facilities worldwide and in more health clubs around the world than any other stairclimbing machine.

Key Features

- *Patented, independent pedal geometry ensures safe, biomechanically correct movement.*
- *Electronic braking mechanism precisely controls the pedal descent - from 26 to 138 steps a minute!*
- *Computer console calculates elapsed time, calories burned, miles/km traveled, floors climbed, step rate, relative exercise intensity (METs) and power output (Watts) for workout-to-workout comparisons.*
- *Low-maintenance design with heavy-duty chain drive requires only periodic lubrication!*
- *Wide range of exercise options provide constant motivation and challenge for everyone regardless of age or fitness level.*
- *Speed control buttons allow you to increase or decrease the intensity of the stepping action at any time during your workout.*
- *Patented four-bar linkage on the pedal arms keeps the pedals level at all times throughout your full range of movement.*



Specifications:

Machine Height: 58" (147cm)

Machine Length: 40.5" (103 cm)

Machine Width: 32" (81 cm)

Weight: 130 lbs. (59 kg)

Voltage Required: Standard 110 outlet
(optional 220/240 voltage available)

Available in black or white powder-coat finish.

